

Preface

Pregnancy is a very exciting time for every woman. Feeling your baby grow inside you is a unique and wondrous experience. Many couples, however, experience some degree of anxiety and uncertainty. For some, this may be their first pregnancy. Some might have developed complications during the previous pregnancy and are worried about the current pregnancy.

Every woman wants a smooth pregnancy, easy delivery and a healthy baby. Knowing more about pre-pregnancy preparation, understanding pregnancy, birth and the small risk of complications can help to dispel worry and uncertainty. You will then be more able to make informed choices in your pregnancy. On the other hand, many mothers-to-be read about pregnancy and labor from the internet and are confused by the myriad of information that is available.

The New Art and Science of Pregnancy and Childbirth is written by prominent obstetricians in the KK Women's & Children's Hospital — the largest maternity hospital in Singapore, which delivers about 12 000 deliveries each year. It is a new art and science because the practices today are based on the latest scientific evidence and not on old wives' tales any more.

This book provides comprehensive information on pre-pregnancy care, pregnancy, delivery, postnatal care as well as confinement practices and care of the newborn. Our distinguished panel of experts who contributed to this book include obstetricians, pediatrician, dermatologist, dental surgeon, psychiatrist, traditional Chinese physician, sports physician, anesthetist, dietitians, pharmacist, midwife and physiotherapists. It covers all aspects of your pregnancy, especially in our Asian context.

Happy reading and we wish you a healthy pregnancy and baby!

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